

If You Do Evacuate

Meeting Places If Separated:

- List three places where family members should plan to go if they cannot stay in or return to their home.
- If you arrive home after the quake and no one is there, this list will provide you with places to start looking for other family members.

Important Numbers & Addresses:

- During the first 24 hours following a major earthquake, use your telephone only in case of an emergency.

Take With You:

- Medicines and first aid kit.
- Flashlight, portable radio and batteries.
- Important papers and cash.
- Food, water, sleeping bags and extra clothes.

Learn School Policies:

- Determine in advance whether the school's policy is to hold or to release your children in the event of an emergency.

Leave a Message:

- Post a message inside your home indicating where you can be found.



(Sample)

Emergency Information Card

Name: _____ Phone: _____

Address: _____

Meeting Places: 1. _____

2. _____

3. _____

Parent/Spouse: _____

Phone: _____

Friend/Relative: _____

Phone: _____

Special Medical Needs: _____



Compliments of Assemblymember

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California's Earthquake Preparedness Guide

Important Safety Information

Emergency Checklist

Batteries: Keep a supply of batteries on hand and replace them on a regular basis.

Food: Keep a supply of non-perishable food on hand and replenish it on a regular basis.

Flashlights: Keep several on hand and test them on a regular basis.

Portable Radio: Be certain you know your local emergency radio stations.

First Aid Kit: Make sure your kit is well stocked, especially with bandages and disinfectants. Replace used and outdated items immediately!

Fire Extinguisher: Have your extinguisher recharged regularly.

Water: Store in air-tight containers and replace about every six months.

Tools: Keep an adjustable wrench for turning off gas and water mains.

Special Items: Keep at least a one-week supply of medications and food for infants and people on restricted diets.

**Stay
Calm
and
Help
Others!**





California State Assembly

Bonnie Lowenthal

54TH ASSEMBLY DISTRICT

Dear Friend,

Earthquakes happen. There is nothing we can do to prevent them. But there are things we can do to prevent or reduce the harm they cause. **Preparedness is the key to eliminating a great deal of damage and injury.**

The first 72 hours are critical. You need to be able to live without running water, electricity and/or gas and telephones for at least three days following a quake. Remember that police and fire departments will be busy with serious crises.

This guide offers checklists for what to do before, during and after the quake. Also there is a sample Emergency Information Card that can be copied for friends and family to complete and carry with them.

Be ready to ride it out!

Bonnie Lowenthal

Assemblymember, 54th District

Before the Quake

DEVELOP A FAMILY PLAN

Prepare yourself, your family and home by completing activities on this check list. As a further safety measure, fill out and carry emergency information cards.

Prepare Family Members:

- Learn first aid and CPR.
- Learn how to turn off gas, water and electricity.
- Learn where to take cover during an earthquake.
- Learn locations of nearby hospitals, clinics, fire stations, etc..
- Decide how and where your family will reunite if separated or if travel becomes difficult.
- Designate an out-of-state friend or relative that separated family members can call to report their whereabouts and condition.
- Conduct practice drills.
- Keep pet identification tags current.

Set Aside Supplies and Check Periodically:

- Portable radios, flashlights and batteries.
- A one-week supply of canned or dried food and a few gallons of water in plastic bottles.
- Adjustable wrench to turn off gas and water.
- Portable stove and matches.
- Extra blankets or sleeping bags.
- Available cash.
- Pet food.

Inspect Home – Secure Furniture and Appliances:

- Secure water heater and refrigerator. Place heavy items on lower shelves. Make certain shelves are securely fastened.
- Keep flammable or hazardous liquids (such as paints, pest sprays or cleaning products) in cabinets or secured on lower shelves.

During the Quake

If Indoors, Stay There:

- Get under a desk or table or stand in a corner.
- Stay away from glass.
- Do not use candles, matches or other open flames during or after the tremor...there may be gas leaks.

If Outdoors:

- Get into an open area away from trees, buildings, walls and power lines.
- The greatest danger from falling debris is outside and close to outer walls. If possible, move to an open area.

If Driving:

- Pull over to the side of the road and stop.
- Avoid overpasses and power lines. Stay inside your car until the shaking is over.
- Be aware of hazards such as fallen or falling objects, downed electrical wires or damaged roadways.

If in a Highrise Building:

- Stay away from windows or outside walls.
- Get under a table.
- Do not use elevators.

If in a Crowded Public Place:

- Do not rush for exit doors.
- Move away from display shelves containing objects that could fall.

Earthquake Insurance Information:

(877) 797-4300

www.earthquakeauthority.com

After the Quake

First Aid:

- Check for injuries and apply first aid.
- Do not move seriously injured individuals unless they are in immediate danger.

Hunt for Hazards:

- Check for gas and water leaks, broken electrical wiring or sewage lines.
- If there is damage, turn utilities off at source. Do not turn on the gas again. Let the gas company do it.
- Check building for cracks and damage, including roof, chimneys and foundation.
- Be prepared for aftershocks.

Check Your Supplies:

- Check food and water supplies.
- Obtain emergency water from water heaters, melted ice cubes and canned vegetables.

Stay Informed:

- Turn on your portable radio for instructions and news reports.

Work With Authorities:

- Cooperate fully with public safety officials.
- Do not use your vehicle except in an emergency.
- Keep streets and roads clear for emergency vehicles.
- DO NOT go sight-seeing.

Please Remember:

- Adults and children should always carry an emergency card.
- Stay calm and lend a hand to others.